



# CCR has successful first year

The first official Covingtoner Review (CCR) was presented on May 26 at Convocation House in Convocation and Innsuit Court by John Tolosa, college president and Mike Denney, vice-president of Student Affairs. Convocation involvement included red carpeting as a Student Life leader and participating in multiple Campus Leadership workshops, Learning Skills workshop and Convocation for Entrepreneurship workshops.

The CCR was officially launched at Convocation College in September 2014. It provides a much-needed but vital resource on campus opportunities for students to maximize their growth and development outside the classroom. Since the launch the CCR has offered more than 200 opportunities for students to get involved with readings to over 1,000 students, participation in the 2014 fall semester and 2,400 student participations in the 2015 winter semester. These opportunities are available to all students at Convocation College and many from nearby schools; volunteer opportunities, staff and student committees, research opportunities, conferences and training.

"The workshop series that the CCR offers offers two of the main workshops of year: there and I share the ones that will help me both to my future and to my students. All the workshops I participated in were great. I

wanted to develop my leadership skills not only for college but also where I am going to the workplace as well.

Being a new student, there may be challenges with meeting new people and finding resources on campus. With the CCR, students can easily access for all the opportunities available to them and at the same time meet their fellow students at Convocation.

It's great to meet people and make new friendships. It's not every new term and being able to do so in their in the hallways. I believe that many other students have used the CCR to contribute to learning, networking and positive outcomes on-campus.

Getting involved with the CCR has allowed students to develop transferable skills which they can apply toward their courses and future employment. It can also be used as a resource to support the skills they have learned and developed outside the classroom. "It is important to put it in your portfolio and attach it to your resume to showcase your past and your need to develop," Denney said.

CCR involvement continues to grow at Convocation College with opportunities available across all areas of the college. To find out how you can get involved, enhance your experience and make the most of your time at Convocation visit the Student Life department on Student 2233-231 at the Convocation



Ramona Perna, a Convocation resident and a new student, was the first recipient of a one-month research award for highlights her involvement as an editor and part agent in numerous workshops. She was presented with the award by John Tolosa, right, president of Convocation College, and Mike Denney, vice-president of student affairs.

## PRESIDENT'S MESSAGE

# Develop new skills, embrace new challenges

Welcome to the 2018-19 academic year. Whether you're returning to Convocation to resume your studies or joining us for the first time, I hope that you will find your experience here to be positive and rewarding.

We've made great progress with some major projects over the last few months. The new Athletics & Recreation Centre and the expanded Library Resource Centre at the Convocation are just two examples

of how the college is investing and improving to meet the needs of our students and the college community.

These expansion plans are currently in development. We will continue to build our programming, providing more user-focused, diverse and pathway opportunities for students to attain the education and training that will open doors in meaningful careers and successful futures.

Change and change are

important for universities they're expected for students as well as you strive to be the best that you can be and prepare for a rewarding future.

During 2018-19, I encourage you to commit to personal achievement. Your ability to learn, to develop new skills and to embrace new challenges as well as the keys to both success and life success.

Get involved with our college community through the many activities and events

provided through Convocation Students for Student Life, campus clubs and groups and the professional associations linked to many Convocation programs. These opportunities will enrich your learning, lead to life long friendships and connections, and help sustain our vibrant community.

Top success students, if you have questions or need more support, as you progress through your academic year,

not that as many services available to meet your needs. On behalf of Convocation, I am delighted to welcome you to the 2018-19 academic year. Work hard to achieve your goals, make the most of your time here, and enjoy the many benefits a college education provides.

Succes awaits you. Best wishes for a great year.

John Tolosa  
President, Convocation College

## NEWS

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What advice do you have for first-year students?



"Not to leave these projects until the last minute."

**Heather Brown,**  
second year  
criminology, security and  
investigation

"Come prepared and expect a lot of work. Pack your own lunch, because food here is expensive."

**James Mazzucco,**  
third year  
public relations



"Do what you love. Never give up, there's something for them for everyone."

**Karen Murray,**  
second year  
prevention, security and  
investigation

"To manage their time wisely, references will pick up at the end."

**Shantel Belknap,**  
second year  
legal office administration



"Expect to be free late at night and on weekends. Don't get distracted by social media."

**Reid Taylor,**  
second year  
graphic design

"Be ready to have an impact on a great majority of careers."

**Ruth Agius,**  
second year  
prevention, security and  
investigation



Take Conestoga's poll at [www.conestoga.ca/polls](http://www.conestoga.ca/polls)

## FELBERT CARTOONS



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## Get your game on in the Den

### BY JENNIFER COOPER

Just because someone is about to decapitate you in Mortal Kombat, or send you flying off the beach in Micro-Race, doesn't mean you can't be friendly. Ironically, these devilishly violent and ferociously raunchy video games have brought various members of the Conestoga community together.

The Den at Conestoga's college is more than a place for students to take a load off and play video games; it's also a place for the community

to hang out, the library is a part of the college that often gets overlooked. "If you want to come here and meet new people or just come here to play, the people are really friendly," said Trudeau. Trudeau is a second year business administration accounting student.

With Den 2.0, The Den One and Workforce Wi-Fi can easily connect by Conestoga Students Inc. (CSI) via a place with a lot to offer interested students.

"We really encourage new students to come enjoy our services because they only pay for it through a CSI fee," said John Ross, a third year supply chain and operations management student and Den leader.

The renovated Den is planning on adding a number of new games to their already impressive 60 game collection, as well as new rooms, more room opportunities for teams, events. So get ready to start on down your way to victory.

## Don't miss out! Apply now!

### Enrolled full-time?

You may qualify!

Each semester complete the General Application online and you will be considered for awards, scholarships and bursaries offered at Conestoga.

**Deadline: October 2, 2013**



We want to help! Here's how:

- Open Internet Explorer to Conestoga's Home Page or [MyConestoga.ca](http://MyConestoga.ca)
- Log into your Student Portal
- Select the Financial tab
- Click on My Award Application
- Choose the appropriate Semester: Fall 2013
- Complete all applicable tabs and Once
- Review application and Submit

#### Note:

- If you have a financial need complete both the Budget and Financial Need tabs and Once
- Changes to your application can be made up until the deadline date—make sure to Save and Submit.

Check your Conestoga Email Account regularly for updates and additional awards available from [awards@conestoga.ca](mailto:awards@conestoga.ca).



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**STUDENT  
FINANCIAL SERVICES**



# Library open during reno

## BY CARMEN PERCINS

As we know libraries are the heart of any school. It is an area where students have access to information, quiet study and someone to help them during their academic year. And the Library at Conestoga College is no exception. It has a wide variety of resources, but the one that stands out the most is the information service desk. Despite its looks like any ordinary front desk, it is actually one of the most important parts of the library.

"We can help with a huge range of things but we help primarily on what the individual needs," said Linda Wingel Green, director of the Library Resource Centre (LRC).

Whether it be a simple computing question or a situation where resources are needed for an assignment, the folks in the service desk are there to help.

As for renovations, there are four projects happening here that will come into the classroom and talk about some of the school's online resources. Students



LEAH & KRISTA IN THE LIBRARY

Leah Amerson, director of the Library Resource Centre, says they are continuing to add resources because there are spaces that are more convenient for students.

She also looks for opportunities with a program housed for further help.

The Library is also expanding the number of books and resources, notes Green.

Physical books are well over 30,000 and e-books

are about 1,000 plus, eAudiobooks and about 50,000 eLearning modules.

She said what students need to know is the Library will remain open.

so the LRC is keeping its resources.

Having a wide variety of books is also a lot more convenient because students have the ability to access those books and return what ever they are for.

In addition to updating its collection, the Library staff has to be up-to-date themselves, which started in May will be the biggest change, significantly impacting the space that students require, although there will not be any substantial space changes.

"Given I am not the director, Paul reported," Wingel Green said. "It will involve discussions where groups should be working and where quiet study should be happening so that it is more conducive to both of those types of work."

Wingel Green also thinks that the Library renovations will make it look as professional as the service they offer. The renovations will hopefully be finished before classes start in September, however, given the renovations aren't done, the Library will remain open.



LEAH & KRISTA IN THE LIBRARY

Despite re-opening with service providers available every week and book clubs now both within the pool of Conestoga's public and library services, there are still about 1000

# Facebook page all about being 'spotted'

## BY KATHLEEN MCGALLOP

### McCarthy

### Technology

### Information

### Education

### Entertainment

### Health

### Business

### Community

### Environment

### Science

### Arts

### Politics

### Sports

### Food

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## JEFF SCHERER CSI PRESIDENT

PHONE 519-748-5131 x 3579  
jscherer1@conestogac.on.ca

## YOUR 2015/2016 CSI VICE PRESIDENT

Hey everyone, welcome to Conestoga!

My name is Cameron Jones, your CSI Vice President for this 2015-2016 year. I am incredibly excited to be your voice and your representation here at Conestoga College for these next semesters!

Coming from a background of Political Science from Wilfrid Laurier University, I came to Conestoga to pursue a diploma in Business Administration-Marketing. With three years of experience on the Board of Directors, I'm excited to continue my role as Vice President for this year. Being able to connect with students and creating a bigger sense of school pride is very important to me, and I look forward to making all student experiences across our campuses more inclusive and memorable.

Have a great year, and I look forward to seeing you in the halls, at our events, and in the CSI office!



## CAMERON JONES

CSI VICE PRESIDENT  
PHONE 519-748-5131 x 3595  
cjones1@conestogac.on.ca



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# FROSH SCHEDULES

Check out CSI's online events calendar  
[www.conestogastudents.com](http://www.conestogastudents.com)

## DOON CAMPUS

### TUESDAY SEPT 8<sup>TH</sup>

Agenda Handout  
The Sanctuary

### WEDNESDAY SEPT 9<sup>TH</sup>

BBQ Bonanza  
The Pond behind the Main Cafe

### THURSDAY SEPT 10<sup>TH</sup>

Food Truck Fair  
Behind Doon Fwing  
Foam Party  
Evening Event

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday  
The Sanctuary

## CAMBRIDGE

### TUESDAY SEPT 8<sup>TH</sup>

Agenda Handout  
The CSI Service Hub

### WEDNESDAY SEPT 9<sup>TH</sup>

BBQ Bonanza (Doon)  
Hop on the shuttle for the  
Party at Doon  
Pie Eating Contest  
The Cambridge Cafe

### THURSDAY SEPT 10<sup>TH</sup>

BBQ Bonanza  
Outside the Cafe

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday

## GUELPH

### TUESDAY SEPT 8<sup>TH</sup>

BBQ Bonanza  
Front Courtyard  
Agenda Handout  
The CSI Service Hub

### WEDNESDAY SEPT 9<sup>TH</sup>

Pie Eating Contest  
The Cafe

### THURSDAY SEPT 10<sup>TH</sup>

Guelph Game  
Jamboree

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday

## WATERLOO CAMPUS

### TUESDAY SEPT 8<sup>TH</sup>

BBQ Bonanza  
Front Courtyard  
Agenda Handout  
The CSI Forum

### WEDNESDAY SEPT 9<sup>TH</sup>

Pie Eating Contest  
The CSI Forum

### THURSDAY SEPT 10<sup>TH</sup>

Waterloo Game  
Jamboree

### FRIDAY SEPT 11<sup>TH</sup>

Free-zie Friday

CONESTOGA  
STUDENTS INC



BRIAN CLARK



DIRA DRAGUSINA



HOLLY FEATHERSTONE



COLIN GAUDET

## YOUR 2015/2016 BOARD OF DIRECTORS



HOLLY KEENAN



COLTON LAUZON



GURPAL SINGH BHARIA



SCOTT WYLES

The role of the CSI Board of Directors is to communicate and create relationships with our members, and advocate on behalf of all Conestoga Students. You will see board members at CSI events all year long who are eager to connect with as many students as possible. Keeping your best interests at heart is in their best interest because they are students too.

**IF YOU HAVE ANY COMMENTS OR CONCERNs ABOUT YOUR STUDENT EXPERIENCE,  
YOUR BOARD MEMBERS ARE HERE TO HELP YOU OUT IN ANY WAY THEY CAN!**

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Conestoga Students Inc



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# Students juggle school and self-employment

BY MICHAELA RICHARDS

A lot of students end up taking part-time jobs to help them pay the necessities in the extra spending money. But some students choose to work for themselves rather than someone else.

Danielle Richards, a Comestoga graphics design student, has been running her own photography business since she was 14 years old.

The reason of my success is DCR Photography and I offer a variety of photo services and more like workshops, portraits, family photo booklets and more, anything to help grow my business. On Comestoga I want to go when I'm finished school, which is photo styling for the wedding industry.

Kristin McQuay, a personal nursing student at Comestoga College, became an entrepreneur almost immediately after Richards last year after learning that instead of having to pay for people to work at school and family life妨碍了她，她自己创办了一家护理公司，这使她经济上独立，而且她的家庭和她的护理工作

McQuay said, "I thought it was better working a part-time job for the summer than what I could offer an opportunity to run my own business a few months ago. It was too difficult trying to adjust my whole life and the lives of my family through the summer while working for the nursing home and not to mention having a degree," McQuay said.

Shawn Miller has been selling vintage and antique items online since October 2004 on eBay as online marketplace for hand-made and vintage items. He used to work for an auction house and as an gallery where he deal with a lot of antiques about about antiques and antiques now. Currently Miller is in the middle going to Comestoga to study business.

"I sell vintage housewares and furniture. My time is spent between contacting different designers, vintage factories and local restaurants and searching the stores at that stage, garage sales, estate auctions and other dealers. From there I offer the items in my online shop. Tadular Street after that is been cleaned up," Miller said.



PHOTO BY MICHAELA RICHARDS

Some students would rather work for themselves instead of their mom and earn an income this way.

Being self-employed is not for everyone though. It requires self-discipline, good time management, and passion to maintain and grow a business.

"Self-employment is great for a person who is passionate about a particular thing that

they can offer a service like Miller said. "You have to be passionate because this is a time-consuming activity and the rewards are slow-coming. Part-time work has the benefits of income and reliable income with a set schedule and hourly rate."

One of the biggest advantages working for yourself is having the freedom to set your own hours and work around your course load.

"It allows you the freedom to plan around your work and life and it allows you to determine your income should you wish to make more you can adjust your workload," Miller said.

Katrina said, "It is nice because you can build your own hours and you don't need to depend on someone else to help you develop your skills and grow. Everything you do is your own personal style and reflects on you. You always have a choice in what direction your company goes."

McQuay said, "Starting your own business has a lot more advantages especially when you're in school. Being self-employed is more gratifying and rewarding. Working

part-time equals more time for family and for doing what I want. When I can stay at home with my loved ones and doing my own thing and enjoy what I do."

There are many different entrepreneurs out there who jobs you can take while in school depending on their skills. Students can offer other extra-curriculars such as babysitting, landscaping, painting or teaching. Artists people may want to try their hand at selling their creations online or on craft fairs or can try selling products on an independent website.

"I would recommend taking up something on the side and starting your business," Richards said. "Having the job on the side helps income wise and also helps to reduce the stress that most students go through with finances during school. Of course, entrepreneurs have to live their life and it's not a lot of money immediately but things are worth it take time and care and you always need to remember that what you put in is what you can expect back."

## Take advantage of War Amps' key tags

BY KAREN BURGESS

Smart and especially aware school year can be misleading. Fortunately for Comestoga students, the War Amps can make at least one detail less crucial.

The War Amps key tag service has been in operation since 1936 and has recorded more than 1.5 million customers with their lost tags. The basic principle of the system is simple: The War Amps manufacture tags which are attached to a set of keys. If you are out running errands and lose your keys, the person who finds them can give the keytag to a Canada Post mailbox. From there, Canada Post sorts them to the War Amps who reinforce the key tag against Comestoga's list of people in the program, and mail them back to you.

The faster you act, the better the chances are the key tag and a needed owner will be dispatched to deliver them directly to the owner. The return process can take as little as a few days depending on how quickly the key tag is found and how fast the freebie decides to return them.

The service is also free – it only requires your address and some contact information

in order to get a tag from the War Amps website. For a student starting a school year – and losing them all too often as a result – a service like this can reduce a lot of worry when it comes to replacing something as important as keys. As a test, I put my space keys into a Canada Post mailbox and received them on an envelope a few days later.

It really helps on who finds your keys and Vicki Larson, a customer with the War Amps, has been involved with the organization for more than 10 years. She began working with the organization when her son first started to tag on a keychain at a store and has had right by their side. As a Comestoga student involved in the CICDP (Comestoga International program) and helped manufacture key tags as a source of income.

I formerly grew up in the association. Larson said, as a phone entrepreneur.

The War Amps was formed by veterans in 1936 on the idea of the First World War and the key tag system was implemented later as a method of employ安置. The service is free but donations are greatly accepted. Go to [www.waramps.org/keytags.html](http://www.waramps.org/keytags.html) for more information.

## STUDENT LIFE

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Engage with Student Life and enhance your Comestoga experience!

### RESPECT

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### ICR

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RECORD  
Record your co-curricular experiences and enhance your portfolio by using the co-curricular record.

### ECP

ENGLISH CONVERSATION PARTNERS  
Preferred students, practice your language, build cultural awareness, and connect with the college with English Conversation Partners.

### CONNECT

LEADERSHIP WORKSHOPS  
Develop your leadership abilities and make an impact on others by participating in the connect Leadership Workshops series.



# Got a question? Head to the info desk

## BY KERRY MCGEE

When students gotta answer acting for the last time there are no easy ways and in every different place. Even the familiar. The Student Life Center is easy to spot so we suggest long lines. You can't help but feel overwhelmed.

At Chantilly High School, said the Student Life Center has no boundaries and that where you can get help is it is by Day 3, and after the time you have been somewhere for.

One desk is staffed from Monday to Thursday, 7 a.m. to 7 p.m. Friday, 8 a.m. to 5 p.m., and Saturday from 10 a.m. to 2 p.m.

Staff are friendly and knowledgable student leaders who will answer any questions you may have.

Some Freshmen who are part-time at the desk and don't be afraid to approach staff even if they are working on the computer. Come up and introduce us, we're all friendly and here to help.

Most of the things they can assist you with include:

■ Getting admissions and information about the Student Life Center.

- Booking group work rooms
- Getting contact information to Chantilly staff and faculty

Answering you with the Chantilly River Forest board and Chantilly's campus maps. In a typical day staff will field between 50 and 100 questions a day, a year they will field thousands of questions.

Drake and the easiest question she has ever been asked said it has been asked more than once: who was a person picked her or her not.

The most common questions include:

- Where classrooms are
- Where cafeteria offices are
- Professors' schedules (she do not have access to them, but they will give you the professor's contact information)
- Where bus passes and student cards are (you inquire at locations)
- Where the CHS student book of hours is located
- Where the third floor of A-wing is because it is hard to find
- And where various services are located throughout the college

# Get active with intramurals

## BY KERRY MCGEE

Starting college can be challenging. You or Study Board, your advisor, an academic advisor, parent, encouraged by people you hardly know and only the support of professors of what they feel like you are going to be like. Perhaps you're in a new city or even a new province or country and you want to do more with your spare time than watch Netflix on an endless loop.

Chantilly College's intramural sports programs offer students a chance to play a sport they love and remain active. Freshman can be very happy that the police and faculty of Chantilly invested in college intramurals and continue.

According to Dr. John Blaney, a physiologist with Stanford University, everyone knows that exercise makes them feel better, but most people have no idea why. He wrote about the subject in a press release, saying, "We believe it's because exercise burns off stress or reducing anxiety can stop or loweringendorphins and we know it's that. But the real reason we feel so good when we exercise is that our brain releases the brain chemicals at its best."

Then based on these, studies facilitate learning. Chantilly offers an exercise or psychology. Blaney has explored the roots in our brains and studies. Exercise, history, maintained activity, social interaction and learning an active lifestyle for students can be critical in their academic success. Even going public with all the time the student has a great time effect.

Students don't even need to worry about their skill level when it comes to intramurals. There's always a change up to be fit, wouldn't be much of a sports league if there wasn't, but that isn't the point. Intramurals are about having fun and having fun and you don't need to be a star athlete to do either of those things.

This is a great opportunity to make new friends, stay active and enrich your college experience and fitness. However, the intramural coordinator for Chantilly is Chantilly.

Currently, Chantilly College has intramural programs for volleyball, basketball, soccer, soccer, squash, ball, soccer and soccer. These sports are a great way for students to stay in shape and stay active in order to participate.

Depending on which sport they choose as well as ensure they have the proper equipment necessary for the sport. Intramurals are welcome to sign up as well as groups.

If you're interested in sign up for a new sport contact Blaney at the college. She says in my experience that students might have incomplete the intramural program.

Interscholastic sports are offered after school which should not conflict with any class time. This is a good opportunity to take a break and refresh your mind. Blaney said.

The messages here are simple: take a chance on intramural sports to gain the advantages of being active, meet new people with similar interests and participate in a cooperative group activity. A sedentary lifestyle might be trapping up a student who feels overwhelmed but being a student should be the opposite.

Students have to try and get over their nervousness and fear of starting a new season and focus on their health. This approach ensures that even when stress builds and students aren't comfortable, they are prepared enough to think clearly.

## CCR CO-CURRICULAR RECORD



# GET INVOLVED, BE RECOGNIZED

The Co-Curricular Record enhances your success by recognizing and recording your college experience. The Co-Curricular Record:

- Assists students in explaining their learning experiences to employers
- Enhances students' portfolios through recognition on an official document
- Provides a search engine for students to find meaningful on-campus opportunities



Room 2A101-2, Oconee Campus



co-curricular@co-curricular.org



co-curricular@chancery.org

# CSI board members discuss goals

BY NATHAN BROWN

Conestoga Student Inc. has a new board of directors this school year after an election was held last month.

The eight new board members were Chapel Singh, Colin Beader, Deon Daigdigas, Holly Featherstone, Diana Clark, Hope Koenig, Colton Lauzon and Scott Wyler. Each will bring three new ideas to the table.

According to Alfred Koenig, the previous elected officer at CSI, 889 students at the college cast their ballots in the election, which 200 more students than last year.

Students are able to vote online via their college email account, assuming CSI employees due to the lack of student voting the previous year.

The election set a record for the number of candidates running with 11 students in the electoral race.

Seven of the eight winning candidates promised Singh with a brief description of what they hope to bring to CSI in their new supported position.

## Holly Featherstone

Having a criminal, child-bullying reputation and past speakers in all categories in a top priority for me. I already have a great mentor on board – and she is interested in visiting Conestoga.

## Deon Daigdigas

My purpose is to help others and Conestoga College has given me the opportunity to take a step forward and fulfill it. I will do my best to see

the stronger and more united community at Conestoga.

## Colton Lauzon

My goal is to give you all a more inclusive, fairer opinion and more information of all Conestoga students so that we may serve you to the best of our ability.

## Scott Wyler

I want to keep students informed of CSI as well as introduce students to events happening at the college. I also want to try to create great fun for students to study and do their work, especially in the Waterloo and Guelph campuses. I also want to strive to get additional courses in the parking lot to ensure students safety.

## Hope Koenig

I would love to continue with the initiatives that I started. Last year, but want to start them such as an annual student forum. I would also like to help with the formation of more events that directly affect school pride such as competitions between computer science, instrumental, sports teams, students and more.

## Alfred Koenig

I plan to continue advancing the council to recognize. I also plan to take students with leadership to make life there better for students as well as work on the bar to make it something to be proud of.

## Scott Singh

I want to make a change in the college community.

# You are what you eat

BY KARENNA MELCHIONI

Family and social life, a possible part-time job as well as attempting to get enough sleep at night and a student can easily make eating healthy to the bottom of their to do list. That is why both mental and physical health take a hit in the first few months of college life, according to Singh.

There are, however, some small changes students can make.

"What you eat is actually determined by what is around you. You have to make it easy for healthy food and try to avoid keeping tempting treats around," Singh said.

College life can be hectic at times but it's important to eat at the way in between.

"If you let yourself get hungry you are more likely to overeat at your next meal. Eating regularly provides energy for your brain to learn and being hungry is likely to negatively affect your learning performance," Singh said.

Of course being active also plays a huge role in avoiding the Freshman 15. However, don't over-exercise, as this can be just as bad for your eating habits. Those who are often have poor outcomes in terms of weight management.

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